

VIRAL PRESCRIPTION

Name: _____ Date: ____/____/____



Diagnosis

- ☐ Cold
- ☐ Flu-like Illness
- ☐ Sore Throat
- ☐ Cough
- ☐ Bronchitis
- ☐ Other

You have or your child has been diagnosed as having an illness caused by a virus. The treatments prescribed below will help you feel better while your body’s own defenses are combating the virus. Most viral infections last 7-10 days.

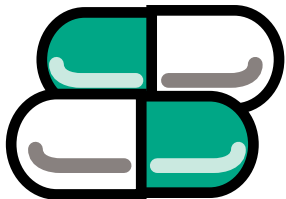
Antibiotic Treatment Does Not Cure Viral Infections.

Antibiotics Given When Not Needed May Be Harmful.



General Instructions

- ☐ **Rest** at home until you feel in better health. Getting 8-10 hours of sleep when you are sick is helpful.
- ☐ **Drink** at least four 8-ounce glasses (1 quart) of water per day. Homemade soups have some beneficial effects.
- ☐ **Gargle** to soothe a sore throat. A gargle can be made with 1/2 teaspoon of table salt in 8 ounces of warm water. Gargling works by warming and cleansing the throat and tonsils. Sore throats can also be soothed with ice chips, sore throat spray, or lozenges.
- ☐ **Use a Cool Mist Humidifier** to relieve congestion and moisten dry mucous membranes. Use and clean humidifier per manufacturer’s instructions (to prevent the growth of mold and bacteria).
- ☐ **Use a Steam Vaporizer** to promote drainage of nasal sinuses. Place vaporizer a safe distance from the patient to prevent burns. Due to the intense heat, use is not recommended with younger children. Use and clean vaporizer per manufacturer’s instructions.



Over the Counter Medications

- Cold and flu medications relieve symptoms but do not actually kill viruses. Although you can’t kill a virus, you can take medications that will help you feel better:
- ☐ **Petroleum jelly** or skin lotion can help ease your chapped nose or lips.
- ☐ **Lozenges or cough drops** may soothe a sore or dry throat. Do not give to a child aged 3 or younger.
- ☐ **Pain relievers**, such as acetaminophen, aspirin, or ibuprofen, relieve head and body aches, sore throats, and fever.

☐ Aspirin and ibuprofen should be taken after meals or with food to minimize stomach irritation. If fever is mild, bringing it down is not needed; a mild fever is one of the body’s ways to kill the virus and is not dangerous. Never give aspirin to children/teenagers. It can cause Reye’s Syndrome (a rare—but often fatal—condition).

Instructions: _____

For a supply of Viral Prescriptions, complete and mail this Order Form to:

Viral Prescription
Box 2000
Albany, NY 12220

- ☐ **Oral decongestants** can help relieve a stuffy nose, ear congestion, or popping feeling in ears.
Instructions: _____
- ☐ **Nasal decongestants** (nose sprays or drops) can relieve a stuffy nose. They should be used sparingly, and not for more than 3 days because of rebound swelling. They should not be given to children less than 6 months of age.
- ☐ **Nasal saline** (salt solution) will help break up thick mucous blocking the nose and sinuses. Saline nose sprays or drops can be purchased or made at home. Mix 1/4 teaspoon of table salt in 1/2 cup of water. Place several drops in the nostrils with a dropper, or sniff solution from a spoon.
- ☐ **Cough syrups** should be used only for certain kinds of coughs.
 - ☐ Coughing is useful because it removes secretions from your throat. If your cough is wet and productive (coughing up secretions), you should not use a cough suppressant unless the cough is preventing you from sleeping. Instead, try sucking on hard candies or drinking something hot.
 - ☐ If you have a dry, hacking non-productive cough (not coughing up any secretions), you may try a cough suppressant with expectorant to loosen up the mucus and ease your discomfort
- ☐ **Antihistamines** are not very effective for treating cold or flu symptoms and may cause drowsiness and thicken the secretions you are trying to dislodge. For colds and flu, it is better to use a plain decongestant.

Use medication as directed by your health care professional or the package instructions.

Never take left over or old antibiotics.

Antibiotics do not kill cold or flu viruses or help aches, pains, or fever.



Follow Up

If not improved in _____ days, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.

Other: _____

Practitioner’s Signature: _____

Printed Name: _____

Facility Name: _____

Phone Number: _____

For more information about antibiotic resistance, visit: www.health.state.ny.us

YES!

I want to use the Viral Prescription in my practice.

Please send:

_____ Viral Prescription Pad (50 sheets per pad) 1 5 10 25

Name _____

Street Address _____

City _____ State _____ Zip _____